

A shroom with a view

by Paul Stewart

It is 1 million years B.C. Prohominid hunters and gatherers with crude spears and clever eyes comb the open grassland for food.

One has found a clump of small, dark fungi sprouting around some dry bison manure in the grass. Six hours from now his magic visions and chanting will have formed one of the world's first religions.

Fast-forward now to 1987. In a dim room layered with smoke there are five humans squatting around a burning propane torch. All are mesmerised by the blue flame, some are chanting.

Elsewhere in the room, someone receives a backrub in ultra-slow motion. The glazed-eyed masseur sees his hands melting into the silver skin of his partner.

In the center of a low table is a scattering of tiny mauve pills. Everyone present has swallowed six of them.

Hallucinations today are not considered a basis for mainstream religions, save the occasional Oral Roberts sighting of 900 foot saviors. Due to the work of such people as Timothy Leary (The Doors of Perception) and Ken Kesey (Electric Kool-Aid Acid Test), hallucinogenic substances have been desanctified to the level of alcohol and cannabis as a quasi-acceptable way to escape reality.

Recall our caveman friends. They chanced upon one of the most widely used hallucinogens, the magic mushroom. Its active ingredient is psilocybin, one of a class of drugs which include LSD (lysergic acid diethylamide), mescaline, and many natural compounds such as nutmeg.

All these chemicals are destroyed in the liver at different rates and by different enzyme systems. This means using two or more of them at once greatly increases the danger of overdose.

Mushrooms are especially risky. Psilocybin content varies greatly even within a single species, making control of dose very difficult.

The most potent Canadian mushrooms are of the Amanita family, harvested extensively in the West Coast, followed closely by the LBMs (little brown mushrooms) from Atlantic Canada.

LBMs, more loftily referred to as *Psilocybe semilanceata*, are commonly drunk as tea, both to increase potency and rapid onset, and to avoid the toxic secondary alkaloids present in the mushroom flesh.

Also common in Canada is an artificially-grown tropical species, *Psilocybe cubensis*. It is large, gray-white, and often stains blue upon bruising or storage, a simple test for psilocybin content.

There is no known source of

synthetic or purified psilocybin in North America. Anyone selling purported psilocybin is usually pushing badly-manufactured LSD or, worse, PCP (a powerful veterinary anaesthetic).

LSD itself is a semi-synthetic drug derived from lysergic acid, an alkaloid present in nutmeg, seeds of the Morning Glory, and ergot, a fungus which grows on rye and other grains.

LSD was originally discovered by Hoffman and Stoll of Sandoz Pharmaceuticals over 40 years ago. While working on extraction and synthesis of various alkaloids, they became intoxicated to the point of hallucination from the fumes.

It is usually taken orally as a small pill (microdot), or in liquid form absorbed onto blotting paper or cellophane. Purity and dose therefore are impossible to judge. Whereas pure LSD has been shown to be reasonably innocuous under controlled conditions, street 'acid' may contain neurotoxins, stimulants, carcinogens, or PCP, either from poor synthesis or adulteration.

Psilocybin and LSD mimic the
continued on page 4



Pining for the presidency

by Terry Mite

President-elect of SSMU, Daniel Tannenbaum conferred to the *Daily* last week that contrary to popular belief, "I am not a Christmas tree, I am a human being!"

Tannenbaum, clad in a pressed mahogany suit, was addressing a small group of undergraduate saplings at

McGill's Pulp and Paper Institute.

"Although I have a corn on my toe," he said, "it should not be confused with an acorn."

Sporting a burlap bag over his head and trailing pine needles, Tannenbaum was reluctant to admit that his father was tried and chopped for treason.

His roots are firmly planted in

the soil of Canadian aristocracy. His great-grandfather was a Christmas tree in Ottawa for the Right Honorable John A. MacDonald. Most of his ancestors were wiped out by the spruce bud worm plague of 1908. But the surviving strain transplanted itself to Québec and put roots down in the slopes of Pine Avenue. His grandfather, a

World War I veteran, was decorated by King George V, with tinsel and stars. One of his most illustrious campaigns was in Germany's Black Forest where he single-branchedly pricked to death a thicket of German troops.

Slinging his mixture of vodka and turpentine, he lashed out against this month's sugaring-off festival. "Some of my best friends are maples," he said. "Tapping is unjust and I just wish people would leaf them alone."

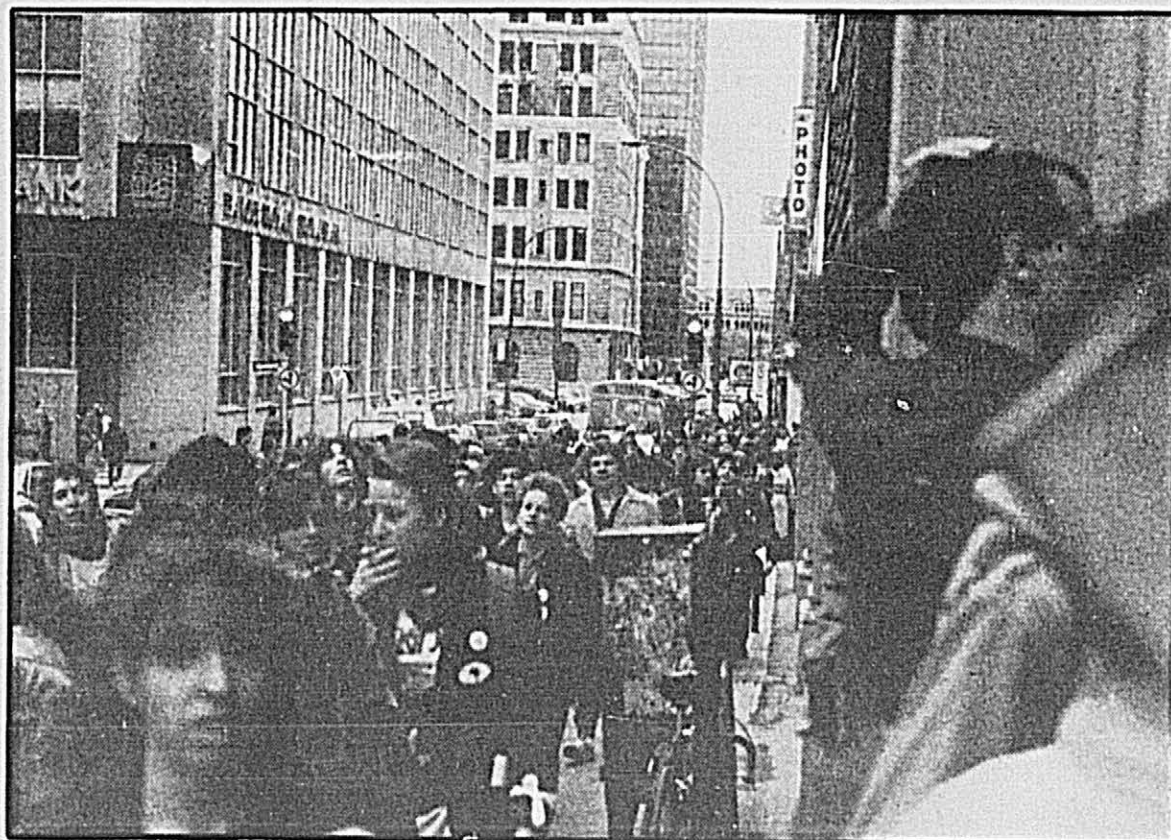
Tannenbaum plans to promote vivisection at McGill. "These squirrels are driving me nuts!" he said, adding that he opposes research into defoliants on campus.

When asked if he would adhere to his election promises, he admitted, "Well, my bark is somewhat worse than my bite." But he is already considering re-election. "I would do it again," he said.

A reporter from *Le Devoir*, Jean-Pierre Dubois, was also on the scene. "Est-ce que les étudiants de McGill peuvent compter sur vous?" Dubois asked.

"Je peux même compter sur mes pieds...un, deux, arbre (one, two, tree), et le reste suit naturellement," Tannenbaum replied.

He is also stumped by the blight of satire already tacked to him. "Quit needling me," he said.



Yesterday, ANEQ mobilized over 200 students to occupy Government of Quebec offices at the corner of Stanley and Ste. Catherine. The occupation is part of an escalating series of pressure tactics to further negotiations on loans and bursaries reform.

Daily Photo — Pierre Tordjman

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Erratum

In the story entitled "Student takes landlord to court" which appeared on Monday, March 30, Gosnell Yorke was incorrectly referred to as a Dawson College professor. In fact, Yorke is a Canadian Union College professor on a leave of absence and now a student at McGill's Law School. The Daily regrets the error.

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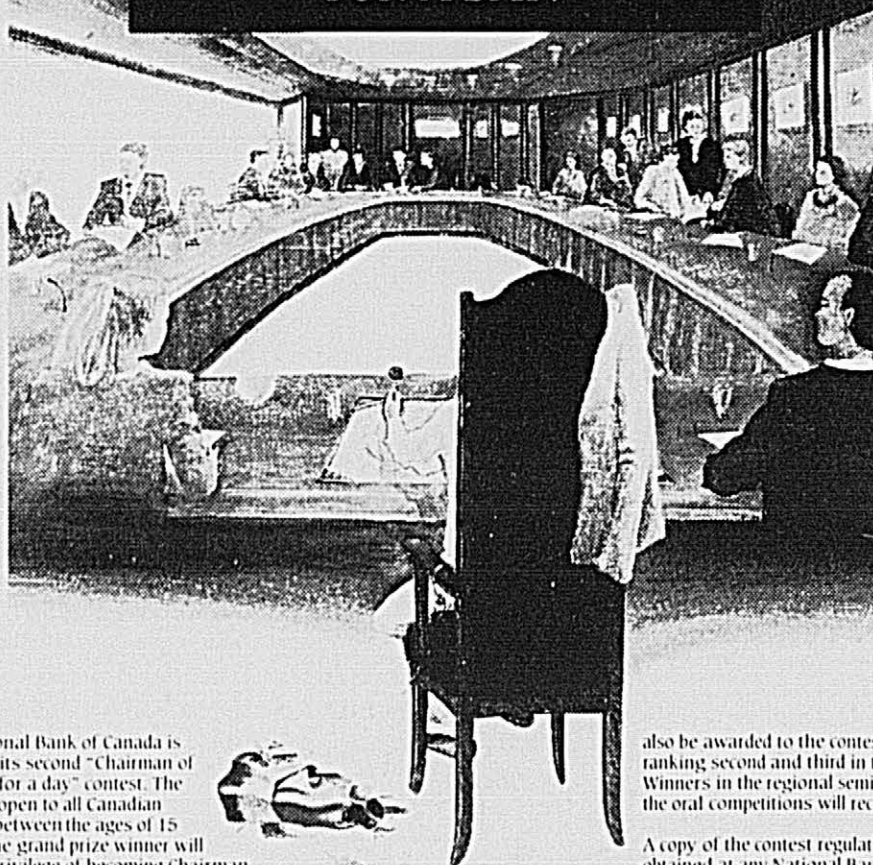
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CHAIRMAN OF THE BOARD FOR A DAY!



The National Bank of Canada is launching its second "Chairman of the Board for a day" contest. The contest is open to all Canadian residents between the ages of 15 and 19. The grand prize winner will have the privilege of becoming Chairman of the Board of the National Bank of Canada for a day.

Again this year, the contest will be held in three stages and will consist of written and oral competitions. Winners will be chosen by a jury.

CONDITIONS OF ENTRY

In the first stage of the contest, participants send a typed essay of a maximum of three (3) pages to their nearest National Bank of Canada branch, explaining: "How do you envision an ideal society and what can today's youth do to help achieve it?" The essays judged the most interesting will be retained and their authors will be invited to meet with the jury for the second stage of the contest: the regional semi-finals of the oral competitions. The regional semi-final winners will then be invited to the Bank's Head Office on June 24 (all expenses paid) to meet with the jury for the final of the oral competitions.

also be awarded to the contestants ranking second and third in the final. Winners in the regional semi-finals of the oral competitions will receive \$150.

A copy of the contest regulations may be obtained at any National Bank of Canada branch.

DESCRIPTION OF PRIZES

In addition to becoming Chairman of the Board of the National Bank of Canada for a day, the grand prize winner of the final in Montreal will receive shares of the National Bank of Canada (worth \$2,000). Prizes of \$1,250 and \$650 will

CONTEST DATES

The contest opens February 23, 1987, and essays must be received by the Bank before midnight, April 12, 1987. An entry form and birth certificate must be enclosed with the essay for the first (written) stage of the contest.

ENTRY FORM

NAME: _____
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NATIONAL BANK OF CANADA

In the March 30 Daily, the statement attributed to David Shiller of the McGill Legal Aid Clinic "giving a false name and address for your parents really helps," was not made by him. All other information he gave was offered to help students understand the consequences of illegally breaking a lease. Neither Shiller or the McGill Legal Aid Clinic in any way advocate or condone illegally breaking a lease. The Daily regrets the error.

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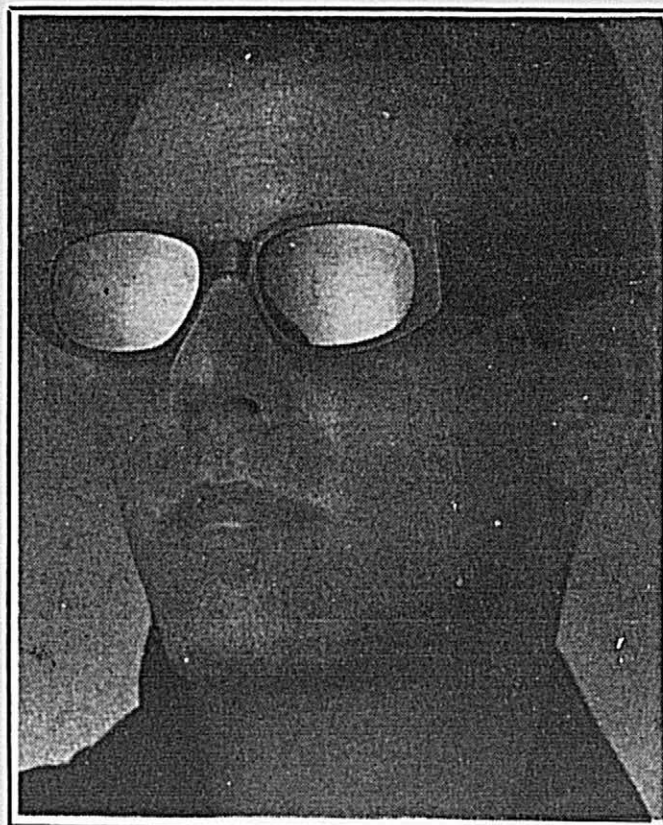
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Techno-sludge gets clean go-ahead

by Paul A. White

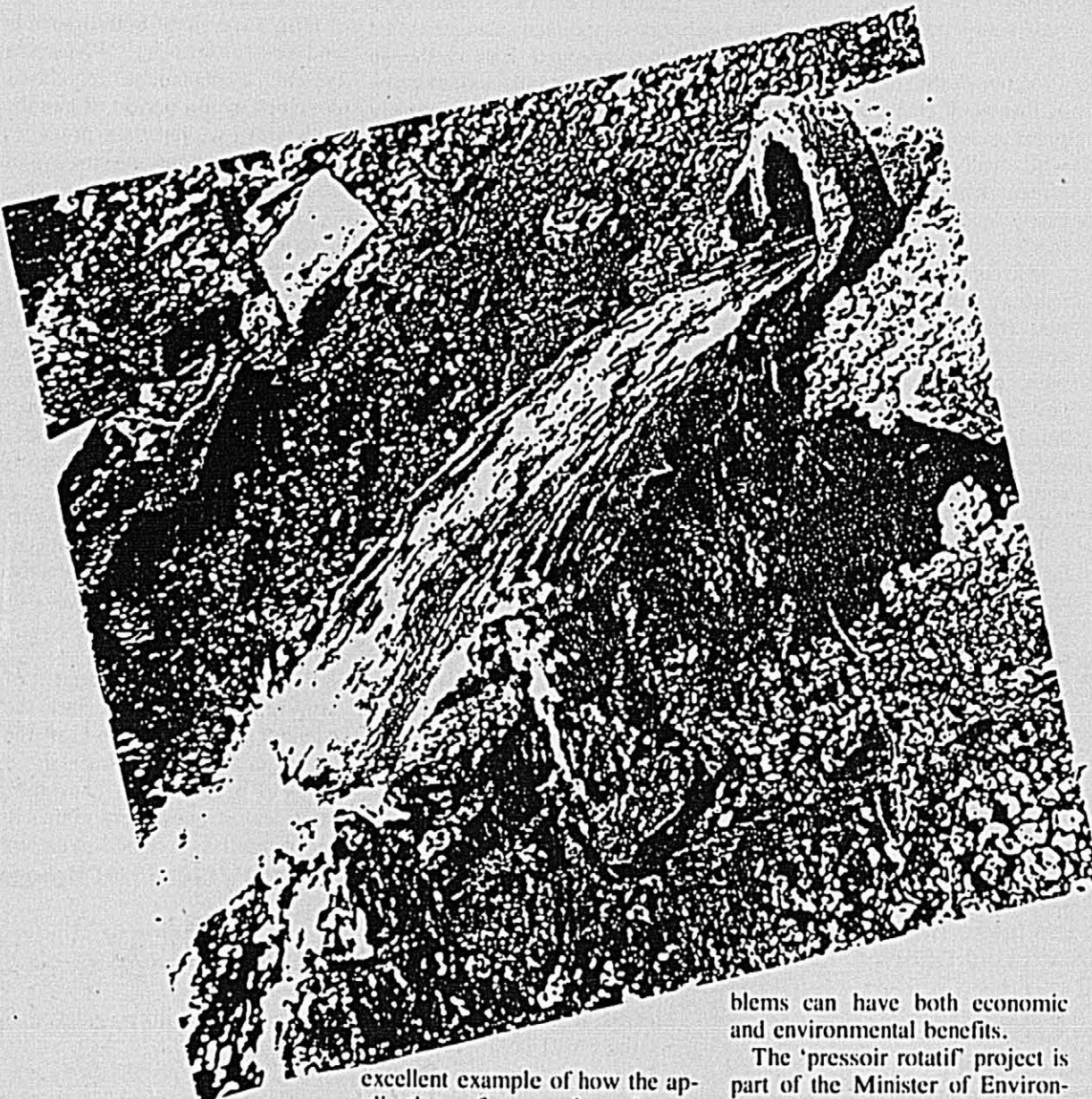
Many people will be glad to hear that Québec finally seems to be on the road to environmental recovery.

Early last month Québec's Minister of Environment, Clifford Lincoln, announced that the ministry will be focusing its program of technological development in water purification on research aimed at developing new procedures and equipment that will improve the performance of existing purification systems. The minister announced his proposal after receiving the results of the applied research project on water purification and drinking water performed by La Maison des Arts de Ville de Laval.

One of the recently developed pieces of equipment called Le Pressoir Rotatif (or rotating press) is an entirely Québec conception. Its development was the result of cooperation between industrial and governmental establishments.

The 'pressoir rotatif' will lower the building costs of water purification centres as a result of the treatment facilities and dehydration equipment taking up less area. It will also allow the volume of sludge (the muddy deposit of sewage) to be reduced by a higher rate of dehydration, which will facilitate its transportation and disposal.

Its development represents an



excellent example of how the application of research and new technology to environmental pro-

blems can have both economic and environmental benefits.

The 'pressoir rotatif' project is part of the Minister of Environment's program of applied research and development in

water purification. The program aims to increase the operating flexibilities of purification plants, ensure adequate disposal of sludge, and adapt existing technologies so as to reduce environmental problems. To achieve these goals the minister plans to support developmental efforts in the areas of: control and automatization of operation systems in water purification plants, the treatment and disposal of sludge, and the increase in the yield of conventional technology in water purification.

The focus of technological development in water purification has also inspired other research projects in Québec.

Another joint research project will be studying the disinfection of water by ozone and irradiation. Ozone is a highly toxic microbicidal (deadly to micro-organisms) form of oxygen which acts by virtue of being a powerful oxidizing agent. Irradiation is a microbicidal process whereby micro-organisms are killed by inducing macromolecular (or specifically genetic) damage directly, or indirectly by promoting the intracellular production of free radicals.

The use of either ozonation or irradiation will assure a reduction in the quantity of pathogenic bacteria and viruses in the water before it is returned to its source.

The city of Laval in cooperation with the firm of Gendron Lefebvre and le ministère de l'environnement also experimented with a waste water treatment procedure known as bio-filtration. This procedure, already in use in Europe, could be used in the secondary treatment of waste water in North America. Indeed it may prove invaluable in programs aimed at replacing and improving the technology now used in the United States which was installed in the 1960's.

To promote further technological advances in water purification the minister invited the different patrons of technological development in water purification to integrate themselves into the program of applied research in municipal waste water purification.

Hopefully this large research effort will soon pay off and become the vehicle which will speed Québec down the road towards ecological responsibility.

Up the river without a cent

by Paul A. White

At one time or another every Montréalais has surely stared in awe and disappointment at the combination of beauty and filth which constitutes the St. Lawrence River. It becomes easily apparent on those hot summer days when one realizes that we as Montréalais live on an island completely surrounded by highly polluted water unfit for swimming.

During the past 10 years most provinces in cooperation with the federal government have taken action to clean up their polluted waterways. Why then is Québec such a latecomer?

An Environment Canada representative in Montréal stated that it may be due to the fact that while most provinces were in-

involved in environmental clean-ups, Québec was too involved in its social revolution.

Fortunately, it is not too late, and it appears that the Québec Government is now ready to commit a large effort aimed at cleaning its polluted waterways. However, the Québec Ministry of Environment conceded that they cannot do it alone, and they are looking to the federal government for help.

On March 3rd, Québec's Minister of Environment Clifford Lincoln repeated his demand on Tom MacMillan, Federal Minister of Environment for more significant participation by the federal government in a program aimed at cleaning up the St. Lawrence River.

He invited the federal government to make a commitment to the

St. Lawrence River comparable to that which was made for the Great Lakes.

As a result of a series of meetings between the two ministries last fall, officials from both ministries prepared a joint pilot program. The focus of the program is aimed at accelerating the clean-up of principal industrial establishments now pouring wastes into the St. Lawrence.

Mr. Lincoln stated that although the work accomplished in these meetings is significant, the financial commitments set forth by the federal government were insufficient.

Mr. Lincoln further stated that he hopes that the two ministers of environment can combine their efforts to clean-up the St. Lawrence. The minister deemed

that the contribution of federal personnel is insufficient. In addition the proposed sum of about \$10 million of federal funds over five years is not significant when compared to the \$4.5 billion effort which the Québec government has pledged to clean up the St. Lawrence river basin.

The minister made it clear that he would like any federal intervention in Québec to be accompanied by financial aid comparable to that which has been given to neighbouring provinces for water purification and other clean-up projects.

Although nude beaches are not in Montréal's near future, other wildlife will probably soon benefit from these latest clean-up measures.

mcgillDaily

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The Daily is a founding member of Canadian University Press (CUP), La Presse Etudiante du Québec (PEQ), and Campus Plus (CUP Media services).

Jennifer Schacker (general levity and whoopee raising)

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... Shroom with a view

continued from page 1

action of at least one brain chemical, the neurotransmitter serotonin.

Serotonin, or 5-HT, controls areas of the midbrain involved in sleep, body temperature regulation, and motor coordination.

Similarly, hallucinogens are selectively absorbed by the midbrain, specifically the pituitary, pineal gland, hypothalamus, limbic system, and visual and auditory relay stations. Hallucination is probably the combination of inappropriate processing of information from the eyes and ears coupled with a dream-like state induced by impairment of the limbic system.

The dosages for psilocybin and LSD differ greatly, LSD being 100 times more potent.

The half-life of LSD in humans is 3 hours. That is, after 3 hours, the body has destroyed half the amount of a standard dose. By 6

hours, this is halved again, until, by 12-15 hours the user feels a return to normal... whatever that is.

Although the user feels normal at this point, there is still a sub-pharmacological amount present which will produce a more intense effect than expected. This can easily lead to anxiety and a 'bad trip'.

Muscular weakness, trembling, nausea, chills, and hyperventilation (breathing too rapidly and deeply) frequently occur. Treatment of LSD-induced anxiety is best referred to an emergency ward, where proper use of sedatives, dim lighting, warmth, and reassurance invariably relieve the symptoms.

The hallucinogens described so far are of the LSD-type. Another class is the amphetamine-type, the most commonly abused being cocaine, MDA, and metham-

phetamine or 'speed'.

Literature on cocaine and speed abounds, and their dangers need not be reiterated here. MDA, in contrast, is virtually unknown by the general public, but is widely available throughout Canada.

In 1970 the Commission for Inquiry Into the Non-Medical Use of Drugs found Canadian-made MDA to be the preferred type throughout North America, due to its purity and cheap price. Common at that time among 'speed-freaks' it has gained wide use in the '80s by the late-night new-wave crowd, second only to heroin.

Perhaps the largest reason for this is its ease of synthesis. In recent years, many basement labs have been discovered, often associated with a university. Although most of the materials needed are restricted, lab workers may procure them through false purchase orders or direct theft.

Legal replacements for certain chemicals make enforcement even harder. When pipronal, a common reagent in pharmaceutical synthesis, became restricted, illegal labs extracted it from oil of

Sassafras, found in cooking oils such as Saffrol.

MDA is taken by both injectable and oral drug users. Whereas a typical amphetamine psychosis develops over a period of months with oral use, injection produces the same symptoms within days of continual use.

All hallucinogens discussed here are illegal. A summary conviction (first offense) of possession of MDA ranges from \$1000-\$2000 and/or 6 months imprisonment. For possession of chemicals used in its manufacture, the sentence is more severe: 18 months for summary conviction, up to 10 years for repeat offenders and dealers.

For further information regarding these or other substances, contact the RCMP Drug Education Program at 283-6000. Ask for Sgt. Peltier.

For information on treatment of drug-related illness, contact the Alcohol and Drug Unit of the Montreal General Hospital at 934-8010, ext. 2066. They have confidential out-patient counselling as well as a 4-bed in-patient

area, and provide both medical and psychiatric services.

On campus, the Health Services facility is open 24 hours. The personnel are trained to screen patients for medical and psychiatric treatment, as well as personal counselling. They also offer a blood-testing service for injectable drug users who suspect they may have AIDS or hepatitis. Call any time at 392-5441.

Emergency treatment is available at any hospital emergency ward. Keep the person very warm, reassured, and in subdued light until arrival at the hospital. Be able to provide information on the type of drug taken, history of drug use, and medication or food taken in the last 24 hours.

Don't hide facts. Doctors are not police officers, and the smallest detail such as, "Oh yeah, she took a couple of cold tablets about three hours ago," could save your friend's life.

Uncle Paul says "Have a safe summer, and save some brain cells for September." □

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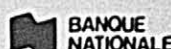
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Death penalty

McGill — show you care. In June, there will be a free vote in the House of Commons on the reintroduction of the death penalty. Voice your concern about this barbaric and ineffective form of punishment by sending the following statement to your Member of Parliament or the Justice Minister at the address listed below.

I OPPOSE THE DEATH PENALTY.

1 — The death penalty does not create a safer, more secure society. Virtually every study of the death penalty undertaken in Canada, the USA and Great Britain has demonstrated that it is not an effective means of reducing the number of violent crimes.

2 — The death penalty is not a

deterrent. Most people who commit violent crimes are not making a rational decision with the expectation of arrest, conviction and execution. They frequently commit crime in a moment of crisis under the influence of drugs or alcohol.

3 — The death penalty is a selective and discriminatory form of punishment. The system of death sentencing is dependent upon such variables as the skill of lawyers and the prejudices of judges and juries. In the United States, a highly disproportionate percentage of those on death row are poor and black.

4 — The death penalty is regularly applied against individuals who are innocent. Since 1900, in the United States, an average of one convicted murderer per year has later been found innocent. The death penalty is the only absolutely irreversible punishment which when used can never bring an innocent person back to life.

5 — Western Europe, Japan, Australia and New Zealand along with the United Nations and most major Canadian churches have opposed the death penalty. Let's remain in this more enlightened community than sink to the level of countries such as Iran and South Africa where the death penalty is most used.

Students, I urge you to clip out this column, enclose it in an envelope, put your name and address on it and send it to your Member of Parliament or the Justice Minister. The address is: House of Commons, Ottawa, Ontario, K1A 0A6. No postage is necessary. For more information, please call Martin Vauclair at 521-3733. This has been sponsored by the Coalition Against the Return of the Death Penalty. □

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Matériaux de notre tissu sociale

par Gaétan Brochu

Alors que toute la communauté McGilloise s'apprête à apprécier les progrès accomplis dans le monde des communications par le biais d'un nouveau central téléphonique, cet article présente les communications en parallèle avec la recherche sur les matériaux. Cependant, je ne crois pas qu'il faille ici juger de la qualité de notre nouveau système de téléphone.

L'une des particularités de l'*homo sapiens* est sa capacité et son besoin de communiquer et d'accumuler de l'information concernant son milieu. Il a donc développé au cours des âges différents supports et transporteurs de cette information: des plaques de roc au disque magnétique, du pigeon voyageur à la fibre optique.

Inutile de remonter très loin dans l'histoire pour réaliser que le manque de connaissances sur la matière ne permettait ni l'explosion des communications, ni la transmission rapide et efficace de l'information. Certes, le concept 'télé' — préfixe du langage moderne, dérivé du grec 'télè', signifiant au loin — existait déjà dans l'Antiquité. Pour illustrer l'influence des progrès techniques sur notre vocabulaire, il suffit de remarquer que le dictionnaire présente 75 mots ayant 'télé' comme racine, 54 desquels ont été introduits depuis 1900.

Au milieu du siècle dernier, la connaissance des métaux et de la nature électronique de la matière donna naissance à l'électromagnétisme. Le cuivre et le fer étaient alors les principaux conducteurs utilisés. Le courant électrique était contrôlé par des moyens mécaniques. Ceci empêchait le développement de l'utilisation des moyens électromagnétiques pour les communications. Cette époque fut néanmoins le témoin de l'invention de la télégraphie sans fil et du téléphone.

Il a fallu la connaissance et le développement de nouveaux métaux, tel le tungstène, le thorium, pour permettre la construction d'un circuit activé électriquement et contrôlant le courant électrique (1904). La diode et la triode étaient nées. Chacun en connaît les utilisations: télévision, calculatrice...

Les premières diodes et triodes étaient, en fait, des lampes à vide. Elles requéraient beaucoup d'énergie, généraient une quantité incroyable de chaleur et occupaient beaucoup d'espace. De plus, leur durée de vie était très limitée. Pour obtenir des résultats fiables, leur quantité dans un circuit devait être limitée. Ainsi, les limites de l'invention furent rapidement atteintes. Les diodes et les triodes permirent toutefois la production de radios, de radars, de télévisions relativement perfor-

mantes et une importante amélioration des techniques déjà existantes.

Une autre percée majeure fut accomplie en 1947 dans les laboratoires de Bell: le développement du transistor. Plus de lampes à vide chauffées à blanc. L'invention du transistor est sans aucun l'aboutissement de l'effervescence qu'a connue la physique et la chimie durant les premières décennies de ce siècle: la théorie quantique de la matière et l'étude des semiconducteurs à l'état solide.

Depuis les années cinquante, l'industrie électronique a concentré principalement ses efforts de recherche en matériel sur les semiconducteurs à l'état solide, tel le silicium et le germanium.

Cette invention a changé notre vocabulaire et notre tissu social.

Dans la plupart des sociétés les télécommunications se sont répandues avec une ampleur sans précédent. Cette révolution technologique a permis l'éclosion d'un savoir accru sur notre monde physique.

Les « puces savantes » allaient devenir esclaves de notre appétit vorace d'information. L'on estime, qu'en 1986, aux États-Unis seulement il s'est vendu 9 millions d'ordinateurs personnels. Les performances des puces s'améliorent sans cesse. Cependant, l'on y voit déjà une limite. En effet, le nombre de connexions qu'il est possible de faire par unité de surface sur une puce reste limité.

L'apparition du transistor n'a

pas seulement permis de développer des systèmes de traitement d'information isolés mais a aussi ouvert la voie à la réalisation d'un réseau interconnecté. L'information analogique fut transformée en information digitale. Pendant ce temps, le nombre d'utilisateurs des systèmes de communication augmentait. Il fallait trouver des moyens plus efficaces de transmission que les anciens câbles téléphoniques de cuivre.

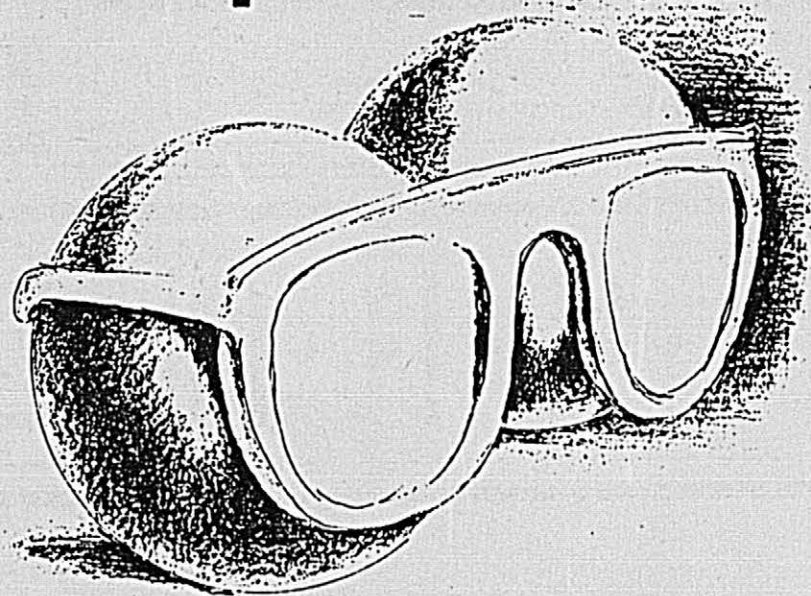
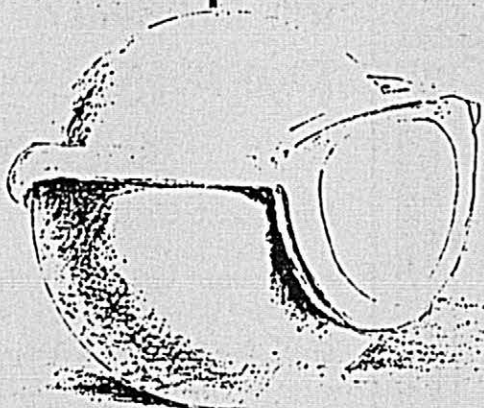
Avec l'invention du laser en 1958 et le développement des fibres optiques, une nouvelle science allait être créée: la photonique. Au lieu d'électricité, des pulsations de lumière sont employées pour transmettre l'information.

La photonique a un incroyable

potentiel de transmission d'information: le premier câble transatlantique, fait de fibre optique qui devrait entrer en fonction l'an prochain, pourra transporter 40,000 conversations simultanément. Comparativement, le dernier câble coaxial transatlantique, installé au milieu des années 1970, a une capacité de 10,000 conversations. Les possibilités d'interconnexions dans un monde photonique sont d'un potentiel inouï.

Nous avons ici tous les éléments pour réaliser soit une société Orwellienne, soit la société conviviale d'Ivan Illich et de quoi se rendre à une « quatrième vague ». Reste à s'assurer que les technocrates ne perdront pas leur sens de l'humain. □

The oracle speaks



Cheese and jet-lag

Michael Steve Finkelstein

What is the process in processed cheese and does it really have to be so orange and so shiny?

Andrea Mordecai U2 Arts

The only reason that processed cheese is orange is because some big cheese in a laboratory thought that orange is a good cheese selling colour. Traditionally, some cheddars have been orange because of the addition of carrot juice. But thanks to modern dyes, these days processed foods can come in any colour imaginable.

Now on to the process. 'Good' processed cheese had its beginnings with — who else — Mr. James L. Kraft. He provided the allied forces with his product during World War I. It was said that his cheese would stay fresh longer and would cook better than other cheeses available on the market. Kraft's cheese processing also happened to turn previously unusable cheese scraps into a very profitable cheese product.

Processing cheese stretches high quality cheese through the addition of inferior grades of cheese and certain additives. A common additive used in processed cheese is our friend, paraffin wax. The 'cheese' mash is then ground, mixed and pasteurized. The pasteurization process is largely responsible for the long shelf life of processed cheese — nearly forever.

If a variety of cheeses are mixed together the resulting product is called 'processed cheese food'. When only a single form of cheese is used then the cheese retains part of its name, (eg. processed cheddar cheese food).

If the cheese takes the form of a spread, and is hardened and sliced, the resulting product is called 'processed cheese spread slices'. (Neat huh?)

The cheese mix is held together is through the addition of emulsifiers and stabilizers. These are the villains responsible for the shiny and rubbery texture for which processed cheese is known. Most Canadian processed cheeses contain the maximum allowable five per cent emulsifier content. The emulsifier bind aqueous (watery) and oil fractions of the cheese into a tight, smooth product. This feature prevents moisture loss which in turn maintains the freshness of the cheese for a long amount of time. Enjoy.

How come, when I travel to Florida I can just jump off of the plane and have fun, but when I go to Europe, for example, I have to spend a couple of days in bed before I can function like a normal party animal?

Rebecca P. U3 Arts

The situation to which you are referring is called jet-lag. It occurs when one's internal 'biological clock' gets out of sync with the surrounding environment. What is this 'biological clock' you ask. Well, it all has to do with the truly fascinating way in which living organisms tick.

In 1759, French astronomer (with a minor in botany?) Jean de Mairan noticed that flowers would continue to open in a daily cycle when deprived of light. At the time, this seemed interesting, inexplicable, and fairly irrelevant. But at the end of World War II that scientists began to play with the idea of a biological clock.

Many people had observed that different animal species behave in a remarkably consistent fashion. Aside from the punctual return of swallows to Capistrano, California, and the regular hibernation patterns of bears, scientists studied some less obvious natural cycles. Bees, oysters and even the Idaho potato all seemed to follow a regular living cycle. It was found that this cycle was set on an internal time mechanism and not on the surrounding environment.

Now suppose, an organisms was taken to a new time zone — in the interests of scientific advancement, let's say a family of PEI potatoes was flown to Greece, all expenses paid. It would take a certain amount of time for the potato family to adjust its breathing (i.e. oxygen intake) patterns to correspond to Greek time.

A similar occurrence happens when a person is suddenly taken across time zones. Our internal biological clock is set to a pattern known as 'circadian rhythms'. This rhythm works in harmony with daily time clues, such as sunrise, lunch time and so on.

When this balance is disturbed, such as seeing the sun set at noon our time, in Greece, overall body functions go awry. It takes several days for the body system to adjust to the new time zones — and for you to return to being a party animal.

The general rule of thumb is that it will take you one day to adjust for each time zone crossed. When you go to Florida though, you have not crossed as many time zones as on your trip to Europe, and adjusting to your new environment is a significantly easier task. If not, blame it on cheap alcohol.

Today

McGill Student Pugwash Linking personal action to social change — a participatory workshop, with Prof. Stuart Hill. Burnside 426, 19h30

Alpine Ski Team Last general meeting. Elections for next year. Gym, Room 305, 16h30.

East Asian Studies presents *Tibetan Culture: Past and Present*, with Prof. Irokawa Daikichi of Princeton University. Arts W215, 17h00.

NPD McGill Elections of officers (for

the executive), adoption of the new constitution and much more, at 16h30 in Room 302, Union. All members, old and new, welcome.

Osler Medical Aid Foundation having an April Fools' bake sale from 12h00 to 15h00 at the McIntyre Bldg., 6th floor and Student Union Bldg., ground floor.

McGill Squash Club Last club night of the year. 17h00 Currie Gym. Pizza will be served.

Department of English presents *Thomas Tranströmer*, a visiting poet at McGill, will read from his works. 16h00, Lea 212.

Newman Center Chaplaincy Catholic worship (liturgy) at 12h00 in the Birks Bldg. Chapel. Also Bible study (Gospel of Matthew) at 20h00 at the Newman Centre (3484 Peel).

Real Life Fellowship General meeting at 17h30, Union 410. Election of officers. Last meeting of the year.

Players' Theatre is holding auditions for a new musical to be performed late May or early June. Voices: soprano, mezzo-soprano, tenor, baritone. Also, dancer needed. Phone 277-8148 (Steve) for an appointment.

THE McGill Daily

NOTICE TO ADVERTISERS

The **McGill Daily** has only 2 issues left in its regular publication year. Advertising space is still available for the issues on 3 & 8 April.

Deadline for final issue (8 April) is: 15h00, Monday 6 April

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341 - APTS., ROOMS, HOUSING

Great 5 1/2 to sublet. Downtown, close to métro, has no bugs, and a great view of Montréal. The price is negotiable! Available May - August, with option to renew. Call 935-2056 now!!

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Summer sublet: huge, sunny, clean 3-4 1/2; seconds from campus; pool, sauna, laundry, restaurant, grocery in building; utilities included; (option furnished / option to renew) 281-6485.

1 1/2 to sublet - from May 1st to August 31st. \$280 per month, option to renew, negotiable. 10 min. from McGill. Call John at 281-6419.

Great summer sublet: May 1 - August 31. Large, well-kept 3 1/2 w/ big kitchen, hardwood floors, laundry facilities. Durocher & Pine. \$475/month. Call 281-6566.

Sublet May 1 - Sept 1: spacious 4 1/2, 3647 Durocher. Furnished, newly renovated, laundry facilities, minutes to McGill and Steinberg's, sunny, hardwood floors. \$575/month (negotiable). 845-1448.

Desperately seeking summer sublet 2 1/2 newly renovated, wholly furnished, no bugs, laundry, storage, ideal for sharing, near campus, 3610 Durocher, \$475 negotiable, renewable: 281-3104.

To sublet: from May 1 to August 31. Large 4 1/2 Hutchison near Pine. Semi-furnished, laundry facilities in building. Great superintendent. Price negotiable. Please call 289-9379.

Bright, furnished 4 1/2 to sublet, May 1 - August 26, option to renew. Ste-Catherine and St-Marc, great shopping, bars, Guy métro, one block. \$495/month. 932-3551.

Spacious 4 1/2 apartment to sublet from April 30, 1987 until April 30, 1988. Clean, quiet, minutes from McGill and downtown. Laun-

dry facilities available in building, heating included. \$560/mo. Call 931-6159.

Apt. 5 1/2 to sublet. After May 1st w/ renewal. Guaranteed to make you a more interesting person. St-Marc, downtown area. Call 935-1365 eves.

Summer sublet, Victorian dream with high ceilings, pillars, fireplace, chandeliers, gardens, cheap! (from \$200) 285-0707.

Large 1 1/2 Durocher 3602. Sublet starting 1st April, option to renew. Call Edward 282-9040 (after 8:00 pm), messages daytime 392-5700.

Very large, clean 3 1/2 to sublet May 1 to Aug. 31. \$340/month. Furnished, laundry facilities. On Aylmer near Sherbrooke. Phone anytime - 289-9301.

4 1/2 to sublet: May to August. Bishop below de Maisonneuve. 10 minutes to McGill. Clean building, laundry facilities, \$400/month (reduced). Option to renew. 281-6616.

Amazing apartment! Sublet May 1st to August 31st. 4 1/2 on Hutchison just South of Pine. Hardwood floors, spacious, fully furnished, laundry facilities. Close to gym, Steinbergs, and McGill campus. Call 285-1276 after 6:00 pm.

Summer sublet. Clean, spacious 3 1/2 on University St. by McGill. May 1 - August 31. No option to renew. Call 281-0827.

Need a place to stay this summer? Large, bright, downtown 4 1/2, fully furnished with a nostalgic flavour needs you! to share expenses. Please call 934-0430.

5 1/2 for rent de Bullion / Rachel. Newly renovated, spacious, 3 bedrooms, large livingroom & kitchen, balcony & backyard. Excellent location \$600/mo. 285-8796 late evenings.

Stop looking - perfect summer sublet. May - Sept. Large, sunny, some furniture. Downtown, Bishop, five minutes from McGill. 3 1/2, only \$375. Call now Brooke 933-6315.

IKEA furniture for sale, bed, desk, sofa, chair and lots more. Also, 6 1/2 sublet May 1 - July 1 on St-Marc. Call 933-7077.

Summer sublet, sunny 4 1/2 with balcony, Ste-Catherine - St-Marc. Walking distance to Concordia, McGill, shopping. Fully furnished \$380/month, everything included. Call 937-3077 evenings.

4 1/2 to share. \$200/month. Métro - bus 2 blocks. May 1 - Aug 31, call Andres 484-0347.

Large studio - Grey Ave., separate kitchen, furniture optional, washing machine, excellent transportation, stores nearby, quiet and cozy. May 1, all incl. \$365. 483-3180.

Apartment to share. 6 1/2 Decarie and Sherbrooke. Semi-furnished, clean and quiet. Apr. 1. \$160 monthly. Option to renew. 482-4584 anytime.

Sublet 4 1/2 May 1 - Sept 1. Fully furnished, spacious, bright, very clean, no roaches. 5 min. from campus, 1 min. from Steinbergs. Call anytime 281-9761.

Roommate sought for 6 1/2; \$305 rent + hydro to split equally; Clark St near St-

Joseph Blvd. Immediate occupancy, or mid-April; call Ron 276-0721.

2 1/2 May & June or entire summer, no bugs, new carpet & paint, furnished, quiet, on Aylmer (not ghetto like). \$350/month. 287-1907. 3455 Aylmer #808.

Great 6 1/2 for summer sublet. Bright and big, close to everything, option to renew. Group or individually. \$200/person. Don't miss it! 933-8976 (evenings).

Beautiful, clean, semi-furnished 1 1/2 to sublet. 5 min from McGill, 1 min from Currie gym and beautiful Mont-Royal. Available May - Sept with option to renew. \$315/month. Call Marie 288-0806.

Bright, clean, modern 4 1/2 to sublet May 1 or June 1 to Sept 1, option to renew. MacKay and Sherbrooke, close to everything. All included \$550. Call anytime, 935-3022. Weekends also try 626-7360.

Cheap rent - 1 1/2 to sublet May 1 - Aug 31. 3464 Hutchison. Laundry, clean, no bugs. Only \$225/mo incl. utilities. Call Paul at 842-0446.

Large, clean 4 1/2 apartment for sublet, with option to re-new. Near Steinberg's, gym and McGill. Price negotiable. No bugs to be found. Call 281-6509.

Sublet: 5 1/2 (or rooms separately) near St-Laurent and Duluth for May and June (option to renew). \$450 (or \$150 per room). Call 281-6570.

To sublet May 1 to September 1, large 1 1/2 3630 Durocher. Clean, quiet, optional furniture, laundry facilities. \$265.00/month, option to renew. 284-1330.

To sublet May 1 - Sept 1, 2 1/2 close to campus, partly furnished, clean, no bugs, everything included, option to renew, \$280, call 281-6542.

Cheesecake addict? Must sublet my half of large, sunny, bug-free 5 1/2. Furnished, hardwood floors, laundry. Close to métro, 2 blocks from Franni's! May 3 to August 1, \$240/month. Option to renew. Ryan or Anne 489-1006 after 10 pm.

Rooms to rent for summer. Cheap, clean & on campus. \$110 to \$170 per month, heat, hydro and utilities incl. Call Bob at 287-0839.

Large 3 1/2 to sublet: from May 1 to Sept 1, clean building, 3660 Hutchison, option to renew, 2 closed rooms. \$400/month. Call 286-0757.

Summer bargain: sublet May to Sept 1 big 4 1/2, Bishop St., high ceilings, wood floors, laundry. \$425/month. Option to renew. 844-5675 after 7 pm.

4 1/2 to sublet: ghetto, May 1 - Aug 31. Sunny, spacious, no bugs. Laundry facilities. \$575 (negotiable). Call 289-9197.

Large 2 1/2 to sublet. May-June with option to renew. Rent only \$250. Semi-furnished apartment and minutes to campus. Call after 11:00 pm. 281-6209.

Amazing 3 1/2 to sublet, May 1 - August 31, 3565 Lorne Ave. Spacious, sunny! Fantastic modern furniture! Laundry facilities. Only \$450/month. Call 285-8892.

Summer sublet 1 1/2 \$240 everything paid. Furnished, clean, quiet, bright apt. available

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2 1/2 to sublet. Large, furn. Durocher near Sherbrooke. 842-3514. Special reduced summer rate!

1 1/2 to sublet May, June option to renew includes heat, water, laundry facilities on Aylmer in ghetto, clean - no bugs. Call Chris 849-4140 (keep calling).

Sublet large 3 1/2, May 2 - Aug 31. Possibility to renew lease. \$390 per month, with parking, laundry facilities. MacKay at de Maisonneuve. Call 933-6821.

Huge downtown 4 1/2, option to renew. Drummond and Sherbrooke. 2 minutes from campus. It's clean and sunny with laundry facilities. For more info, call 281-6661.

Groovy! 5 1/2 sublet. May 1 - Aug 31, spacious, 3 bedrooms, roof access, furnished, heat/hot water incl. Very close to grocery, laundry, métro, etc. \$525/month. Caroline 935-4854.

University Street sublet 2 1/2, clean, court yard, utilities included. May to August inclusive. \$330/month. Call 286-0882.

Large 3 1/2 to sublet, June 1 to Sept 1. Sunny, hardwood floors, high ceilings, clean, no bugs, downtown on Lincoln. Rent \$450/month. Phone 934-4538.

Spacious 5 1/2 to sublet May - August close to shopping, Atwater métro and buses on Greene Ave. Pets allowed, rent negotiable. 931-8560.

Roommate wanted to share modern apt. May 1 - June 30 (or longer) large, optionally furnished room, cable TV, \$217/mo. or best. 932-1095.

Sunny 4 1/2 to share: May to August inclusive, balcony, greatview, 2 blocks from

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374 — PERSONAL

Want someone to talk to about anything? McGill Nightline. Information, referrals, and listening by students for students. Open seven days a week. 6 pm - 3 am till the end of exams. 392-8234.

Scandinavian girl just returned from studying Russian language in Soviet Union eager to meet individual fluent in Russian for conversation and friendship. Enclose photograph, short letter in Russian, home phone number. Britta, PO Box 1221, Station B, Mtl., PQ, H3B 3K9.

A big thank to all the volunteers who helped keep Engineering Pub Nites #1. Thank you again! Greg, Nabil & Frank, the managers.

383 — LESSONS OFFERED

Taichi, yoga, J.K.A. shotokan karate, kendo, gymnastics, dancersize, shape'n'tone, student discounts. Métro Vendôme - Shidokan International. 486-1818. Call Mon, Wed, Fri.

Home fitness... considering setting up your own home gym or fitness program? Rick Blatter, health and fitness consultant. Office hours: Saturday mornings 05h30 to 13h30, 625-1352.

385 — NOTICES

Residents! The President of IRC, Ann Song, would like to apologize for not fulfilling her duties as VP Finance last semester and President this semester. However, she aims to do what she can for the remainder of this term.

Nothing has happened like this before. Just out of the world, out of the room... Friday April 3rd, Gerturde's Pub, 10 pm. be there...

Wait! Before leaving town, if you have any of the Women's Union's books, please return them ASAP (rm. 423). Have a nice summer!

Franklin Mintzberg would like to thank everyone that supported him in the PSSA elections and will do his best to fulfil all promises.

389 — MUSICIANS WANTED

For sale: Yamaha classical guitar (G245SII) - mint condition; spruce top, mahogany / rosewood neck, etc; with hardshell case. \$250.00 negotiable. Call Jamie at 284-2685 or leave message.

392 — PARKING SPACES

Parking spaces one minute walk from campus. Available now. Short or long term rental. \$35 monthly. 431-8870.

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An assessment
of your level of
blood pressure
and/or
your level of
blood sugar [diabetes]

Simply address
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Matthieu Roberge, pharmacien

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Room B09 / B10
of the University Centre

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